

# SR/IPL Treatment Instructions

## Prior to Procedure:

1. Avoid sun tanning and tanning beds for 2 weeks before treatment.
2. If you have a history of cold sores or herpes, antiviral therapy may be started prior to treatment and continued for one week after treatment. **However, we can not treat an area with an active fever blister.**
3. Must be off Accutane for 6 months before treatment.
4. Avoid Retin A, glycolics and any skin irritants 3 days prior to treatment.

## Post Treatment:

1. You may feel and look sunburned. Apply cool compresses as needed.
2. For pain, you may take ibuprofen or acetaminophen as directed from the manufacturer.
3. The area may initially look raised and/or darker with a reddened perimeter. The “spots” will gradually turn darker over the next 24-48 hours. (Possibly dark brown/black.)
4. The “spots” may progress to scabs/crusting and will start flaking off in 5-7 days.
5. Do NOT pick, scratch or remove scabs. Doing so can cause scarring.
6. Apply a moisturizer as often as needed.
7. Protect your investment: Apply broad spectrum sunscreen daily (Elta MD).
8. Hyper/hypopigmentation may develop and can last 3-6 months or be permanent if tan skin is treated.

**If you have any questions, please call The Martin Center at 251-344-7474.**